



Ramana Bhaskara



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🌸 A Head Master asked Bhagavan: “I have to teach as well as conduct the affairs of a school. My mind has to be engaged in several activities. Therefore I would like to resign from my job, go somewhere else and live in seclusion. I would like to have your advice in this regard.” Bhagavan replied: “Don’t forsake either your job or your house. Remain in the same place and continue with the same work. Abandoning work doesn’t bring in Jnana. It begets laziness. Perform your task perfectly and lovingly. Though your hands may work, ensure that the mind traverses towards the Heart as far as possible. Whatever may be the task in hand, examine whether the mind gets extroverted or introverted. Your work will never become a hurdle if you perform the task calmly without any haste. You need not give up your job. Relinquish the thought of giving up the job. Whether the job has to be continued or abandoned is insignificant. Whether the mind is getting extroverted or introverted is only significant. If the mind gets extroverted, the world, disturbance and ignorance are experienced. If the mind gets introverted, Peace, Bliss and Knowledge are experienced. You will then attain the deathless one (ie Self).”

🌸 Carry on your work cautiously. The power that makes you work originates from within. It is only the Supreme Consciousness.

🌸 Everything exists internally. Nothing exists externally. All the external things are but your illusions. That which exists within the Heart alone is true.

🌸 The hands have to work ceaselessly whereas the mind should possess dispassion. Dispassion is attained neither through wealth nor education

nor fame. Dispassion is attained only through the true knowledge (ie Self Knowledge). Not that you don't have dispassion at all but you lack requisite dispassion needed.

🌸 'Thou art that' can be realized only through Self Knowledge. The mind should not be wavering. The Lord has declared: 'I exist in the Heart of everyone.' Remember this and enter the cave of Heart.

🌸 Spiritual practice and dispassion increase the depths of the Heart. Once the depths of the Heart increase, the Jiva starts traversing towards the Heart. Narayana resides within your Heart. When you feel the touch of the Inner Narayana, you can hear the message of the indweller with such clarity that it resembles the clarity in the feeling experienced when one hand touches another. You can feel His (indweller's) physical touch. When Swami Vivekananda asked Sri Ramakrishna: "Have you ever seen God?", Sri Ramakrishna replied: "I have seen God. As you are able to see me and I am able to see you, I have seen God with such clarity."

🌸 A doctor devotee said: "I want neither words nor writings. Bestow me with the Grace such that I experience the Self within the Heart. Only then can I experience the true Peace."

🌸 Enjoyments result out of actions. If you have love towards the society and God, it results in Self related Bliss. It is the independent Bliss which exists forever.

- ❖ Possess staunch faith in the Existence of God. By having such faith, however strong the weaknesses may be, they will get rectified. Holy Company, pilgrimages, performing all the tasks with social consciousness are needed in order to attain such faith. These will raise your level of Consciousness.
- ❖ You are unable to think with a broad mind. Whatever you do, do it with awareness. Do it without doer-ship. Doer-ship implies the feeling of 'I am the doer'. Experiencing the fruit of it is referred to as enjoyment. God has neither doer-ship nor enjoyment. You also put aside both of them. Then the Self will be revealed to you.
- ❖ The Jiva exists inside. God also exists internally. If you ask for the distance, God is just 3 feet away from you internally. You are unable to transcend this 3 feet distance in spite of taking innumerable births. If you can transcend the tendencies pertaining to body, mind and scriptures, the Self will be revealed.
- ❖ Every person is in need of Peace and Bliss. But you are not able to find where it really exists. The one who gives you the address pertaining to the Truth and enables you to tread the path towards it is referred to as Guru.
- ❖ Work done with doer-ship will make you tired. However the work done in the awareness of the Supreme Consciousness won't make you tired.
- ❖ Though God has mentioned that you are not the body, you identify yourselves with the body. It is because the karma (fruit of past actions)

won't get exhausted unless you identify yourselves with the body. The body has come only to experience the karma. If you experience it willingly, you won't get any new tendencies and the existing old tendencies will be lost. Along with your spiritual practices, even the Karma has to get exhausted. Once the Karma gets exhausted, the body consciousness will be lost.

🌸 Don't become work thieves. Perform your tasks cautiously. View God in the work you do. Consider it as God's work. Don't take it as a burden. If the work is done perfectly, you will get released from it. Else you will continue taking birth unless that work is done perfectly. Perform your tasks without vexation and irritation. You will then achieve the same state as a person doing meditation will attain.

🌸 Some people always desire being praised as good by others. It is a kind of madness. Examine whether or not you are being subject to God's Grace. It is important that you become the recipient of God's Grace. View yourselves and then see the world. Then the entire world will be perceived as the Self. Also the impurities of the world won't touch you. The world cannot bind you then. You will get tainted with the impurities of the world if you see the world without viewing yourself.

🌸 You have relinquished the relation with the inner Self. Lead your life in its association. Have the awareness pertaining to it. As you get identified with the body and mind currently, identify yourselves with the inner Self.

- 🌸 A devotee asked Bhagavan: “You tell me ‘go within, go within’. How far should I traverse internally?” Bhagavan replied: “You utter ‘i’, ‘i’. Until you realize that the ‘i’ thought doesn’t exist, continue traversing internally.”
- 🌸 It is true that the technology has advanced a lot. But you are utilizing it for your selfish motives and earning money from it. Then how can you attain Self Realization?
- 🌸 The body’s journey cannot be stopped for it is driven by destiny.
- 🌸 Don’t presume that self control is your birth right. It comes only on performing intense spiritual practices. The mind gets regulated if you properly understand the subject (the spiritual/metaphysical) and gain surrender.
- 🌸 The devotee always feels like asking God for something or the other. Though the devotee may not ask for any material things, he may ask for liberation. Some people keep working but always crave for enjoyments internally. Only the knower of Truth doesn’t crave for anything.